



Heritage Center

The Heritage Center is 55+

August 2016 Supplement

#10 E. 6150 S.
801-264-2635

Accredited by 
National Institute of
Senior Centers

Changes & Updates

AARP TEK Workshop
Thursday, August 25
1:00, 3:30, 5:30

The July-August Newsletter incorrectly stated that you could register for this workshop by contacting the Heritage Center. Instead, this workshop requires registration through AARP. Please call to register at 1-866-740-6947.

Aging Mastery Program

The fee for this program has changed from \$50 to \$30. More information included in this supplement newsletter.

Stepping On Class

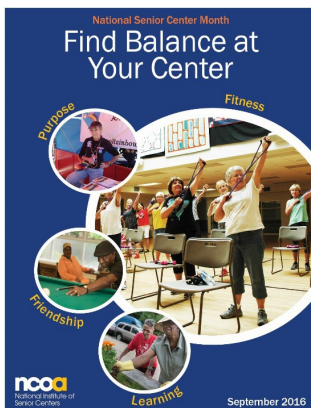
The September Stepping On class has been cancelled. Please watch our future newsletters for when the class will be held again.

Exercise Help

The new U of U students will begin Monday, August 29 with a change to 12:00-1:30 on Mondays and Fridays.

Summer Family Concert Series

Please join us for our Free Summer Concert series on **Monday, August 8 at 7:00 pm**. Salsa Espresso will entertain all ages with a line-up of music of the Caribbean infused with the flavor of spicy jazz. The band plays the accompaniment for dances such as the merengue, cumbia, mambo, cha cha cha, bolero, reggae, etc. Featuring the woodwind virtuosity of Dr. Ray Smith and the rhythmic prowess of Jay Lawrence. The Heritage Center will open at 6:00 pm if you would like to bring something to eat and enjoy the ambiance of our patio. This event is free and open to all ages.



Our last Summer Concert at the Heritage Center is on **Monday, September 12** from 5:00 pm to 8:00 pm, in conjunction with Senior Center Month "Find Balance at Your Center." Music provided by Tad Calcara Sextet featuring big band era swing music at 7:00 pm. We will have an open house from 5:00 pm to 8:00 pm including a rib dinner from 5:00-7:00. Dinner tickets will go on sale August 22 for \$6 per person or \$20 for a family of four. Dinner tickets need to be purchased in advance; entertainment is free for all ages. Further details will be in our September/October newsletter.

Summer Brunch Café Mondays, August 1-29 at 10:00-Noon

Donation of Unwanted Clothes

Home Instead Senior Care is still collecting clothing for a fundraising project to help end Alzheimer's. Please bring your bagged clothes to the Heritage Center through August 22. We cannot accept household goods and other items — clothing items and shoes only.



Beginning in September and running through October, we will be holding a food drive again to help out the Kid's Eat Program. More details will be in our September/October newsletter.

2016

Heritage Center Events



Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday			Tuesday		
8:00	Golf/Round Valley	1	8:30	Ceramics	2
9:00	NIA		9:00	Stretch/Haircuts	
9:00	Watercolor		9:30	Line Dancing	
10:00	Brunch Cafe		10:30	Tai Chi	
10:15	Pickleball		11:00	Canasta	
10:30	Meditation		11:30-12:30	Lunch	
11:00	Bridge Lessons		12:30	Exercise Help / 12:45 Crafts	
1:00	Movie: Gods of Egypt		1:00	Computer Help	
2:00	Strength Conditioning		2:00	Beginning Line Dancing	
9:00	NIA	8	8:30	Ceramics	9
9:00	Watercolor		9:00	Stretch/Haircuts	
10:00	Brunch Cafe		9:30	Line Dancing / 10:00 Aquarium	
10:15	Pickleball		10:30	Tai Chi/ Climbing the Peaks	
10:30	Meditation		11:00	Canasta	
11:00	Bridge Lessons		11:30-12:30	Lunch	
1:00	Movie: The 5th Wave		12:30	Exercise Help / 12:45 Crafts	
2:00	Strength Conditioning		1:00	Computer Help	
7:00	Family Concert: <i>Salsa Espresso</i>		1:30	Attorney	
			2:00	Wood Craft Class	
			2:00	Beginning Line Dancing	
7:30	Golf/Davis	15	8:30	Ceramics	16
9:00	NIA		9:00	Stretch/Haircuts	
9:00	Watercolor		9:30	Line Dancing	
10:00	Brunch Cafe		10:30	Tai Chi / End of Life Planning	
10:15	Pickleball / 10:30 Meditation		11:00	Canasta	
11:00	Bridge Lessons		11:30-12:30	Lunch	
12:30	Beginning Genealogy Class		12:00	Medicare Counseling	
1:00	Movie: My Big Fat Greek Wedding		12:30	Exercise Help	
2:00	Strength Conditioning		12:45	Crafts	
			1:00	Computer Help	
			2:00	Beginning Line Dancing	
9:00	NIA / Watercolor	22	8:30	Ceramics	23
10:00	Brunch Cafe		9:00	Stretch/ NO Haircuts	
10:15	Pickleball		9:30	Line Dancing	
10:30	Meditation		10:30	Tai Chi	
11:00	Bridge Lessons		10:30	Top Tips for Brain Health	
12:30	Beginning Genealogy Class		10:30	Vital Aging / 11:00 Canasta	
1:00	Movie: My Big Fat Greek Wedding II		11:30-12:30	Lunch	
2:00	Strength Conditioning		12:00	Exercise Help / 12:45 Crafts	
			1:00	Computer Help	
			2:00	Beginning Line Dancing	
7:30	Golf/Talcons Cove	29	8:30	Ceramics	30
9:00	NIA		9:00	Stretch/Haircuts	
10:00	Brunch Cafe		9:30	Line Dancing / AARP Driving	
10:15	Pickleball		10:30	Tai Chi	
10:30	Meditation		11:00	Canasta	
11:00	Bridge Lessons		11:30-12:30	Lunch	
11:30	Shakespeare Festival		12:45	Crafts	
12:00	Exercise Help *NEW*		1:00	Computer Help	
12:30	Intermediate Genealogy Class		2:00	Beginning Line Dancing	
1:00	Movie: Miracles From Heaven				
2:00	Strength Conditioning				

Wednesday			Thursday			Friday		
9:00 Painting		3	8:00 Pickleball Lessons		4	9:00 Zumba		5
9:15 Pinochle			8:30 Ceramics			10:00 Yoga		
10:00 Yoga			9:00 Stretch & Tone/Pickleball			11:15 Chair A'Robics		
10:30 Transportation			9:30 Utah Opera			11:30-12:30 Lunch		
11:15 Chair A'Robics			10:30 Tai Chi/11: Blood Pressure			11:45 Massage		
11:30-12:30 Birthday Lunch			11:30-12:30 Lunch			12:45 Bingo		
12:45 Bingo			12:30 Exercise Help			1:00 Bridge		
1:00 Bridge			12:45 Happy Hats			2:30 Payson Salmon Supper		
			2:00 Strength Conditioning					
			7:00 Dance					
9:00 Painting		10	8:00 Pickleball Lessons		11	9:00 Zumba		12
9:15 Pinochle			8:30 Ceramics			10:00 Yoga		
10:00 Yoga			9:00 Stretch & Tone/Pickleball			11:15 Chair A'Robics		
10:30 Transportation			10:30 Tai Chi			11:30-12:30 Lunch		
11:15 Chair A'Robics			11:30-12:30 Lunch			11:45 Massage		
11:30-12:30 Lunch			12:30 Exercise Help			12:45 Bingo		
12:30 Beginning Genealogy Class			2:00 Strength Conditioning			1:00 Bridge		
12:45 Bingo			3:30 Jam Session					
1:00 Bridge			7:00 Dance / UTE RC					
9:00 Painting		17	8:00 Pickleball Lessons		18	9:00 Zumba		19
9:15 Pinochle			8:30 Ceramics			10:00 Yoga		
10:00 Yoga			9:00 Stretch & Tone/Pickleball			11:15 Chair A'Robics		
10:30 Transportation			10:00 Aquarium Trip			11:30-12:30 Lunch		
11:15 Chair A'Robics			10:30 Tai Chi			11:45 Massage		
11:30-12:30 Lunch			11:30-12:30 Lunch			12:45 Bingo		
12:30 Beginning Genealogy Class			12:30 Exercise Help			1:00 Bridge		
12:45 Bingo			12:45 Happy Hats			2:00 SLN: Channel Islands		
1:00 Bridge			2:00 Strength Conditioning					
			7:00 Dance					
9:00 Painting		24	8:00 Pickleball Lessons		25	9:00 Zumba		26
9:15 Pinochle			8:30 Ceramics			10:00 Yoga		
10:00 Yoga			9:00 Stretch & Tone/Pickleball			11:15 Chair A'Robics		
10:30 Transportation			9:30 Toe Nail Clipping			11:30-12:30 Lunch		
11:15 Chair A'Robics			10:30 Tai Chi			11:45 Massage		
11:30-12:30 Lunch			11:30-12:30 Lunch			12:45 Bingo		
12:30 Beginning Genealogy Class			12:00 Exercise Help			1:00 Bridge		
12:45 Bingo			1:00 AARP Tek Workshops					
1:00 Bridge			2:00 Strength Conditioning					
			7:00 Dance					
9:00 Painting		31	8:00 Pickleball Lessons		30			
9:15 Pinochle			8:30 Ceramics					
10:00 Yoga			9:00 Stretch & Tone					
10:30 Transportation			9:00 Pickleball					
11:15 Chair A'Robics			10:30 Tai Chi					
11:30-12:30 Lunch			11:30-12:30 Lunch					
12:30 Intermediate Genealogy Class			2:00 Strength Conditioning					
12:45 Bingo			7:00 Dance					
1:00 Bridge								

Program Reminders

Recreation

Jam Session — Thursday, August 11 at 3:30

Pickleball — Monday 10:15-12:00 and Thursday beginners at 8:00, others 9:00-11:00

Golf — August 1 Round Valley, August 15 Davis, August 29 Talons Cove

Services

Blood Pressure — Thursday, August 4 from 11:00-12:00

Attorney — Tuesday, August 9 from 1:30-3:30

Computer Help on Tuesdays

Massage Therapy — Fridays 11:45-3:45

Toe Nail Clippings — Thursday, August 25 at 9:30-11:30 — \$10 (register now)

Classes

Wood Craft: Sunshine — Tuesday, August 9 at 2:00 — Cost is \$5 (Register now)

Medicare Counseling — Tuesday, August 16 at 12:00 (Register now)

Senior Learning Network — Channel Islands — Friday, August 19 at 12:00

Vital Aging — What is Mindful Meditation — Tuesday, August 23 at 10:30

Top Tips for Brain Health — Tuesday, August 23 at 10:30

Intermediate Genealogy Class — Mondays and Wednesdays, August 29-September 14 at 12:30

AARP Smart Driving — Tuesday, August 30 at 9:30

Exercise every day — check the front desk for a schedule of classes

Painting Classes

The Monday Watercolor painting class with John Fackrell begins **Monday, September 12** for 8 weeks from 9:00-12:00. Cost is \$43. Sign-ups begin Monday, August 29.

The Wednesday painting class with Teri Wood-Elegante begins **Wednesday, September 21** for 8 weeks from 9:00-12:00. Cost is \$40. Sign-ups begin on Tuesday, September 13.

New August Classes

Climbing the Peaks

On **Tuesday, August 9 at 10:30**, Carol Masheter will be at the Center to present her slide show on the Upper Amazon Forest. What is it like...? To have a monkey on your back in the Upper Amazon Forest? To swim with a wild seal lion? To climb Machu Picchu Mountain and look DOWN on to famous ancient ruins? Come find out! Carol will share pictures and experiences from her recent trip to Peru and the Galapagos Islands. As always, you will not be disappointed with Carol's presentation. This is a free presentation, sign up now.



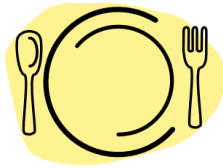
End of Life - Education

On **Tuesday, August 16 at 10:30**, a representative from Memorial Estates will teach us about *End of Life Education*. End of Life Education is not a new concept and is widely accepted nationwide and helps to provide: relief for your loved ones, financial security for future needs, reassurance for you, and recognition of your choices now and in the future. Many of us are not sure what to do about our last wishes. During this presentation, they will talk about the importance of writing your wishes down and how people come together to cope, grieve, and gain closure. Come to learn, have your questions answered, and hopefully you will walk away with better information. This is a free class, register now.



National Council on Aging

The Center is excited to offer this 10-week course starting on **Thursday, September 1** and will run through **Thursday, November 3**. This is an evening class presented from **6:00-7:30**. The cost is **\$30**. The Aging Mastery Program is a program intended to help older adults age successfully. It involves a 10-week class with expert guest speakers that teach and lead activities to help people to take an active part in their own aging process. Topics include: Navigating Longer Lives, Sleep, Exercise, Healthy Eating and Hydration, Medication Management, Financial Fitness, Advance Planning, Healthy Relationships, Fall Prevention, and Community Engagement. Results from previous participants have shown improvement in social connectedness, physical activity, healthy eating habits, understanding of preventive benefits, communication with health care professionals, and use of advance planning. Sign up now.



August 2016

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
1 Brunch Café 10:00 – 12:00	2 CRANBERRY CHILI MEATBALL Rice Veggie Buckeye Cookie	3 FISH & CHIPS Coleslaw Birthday Cake and Ice Cream	4 REUBAN SANDWICH Chips Fruit Banana Split Parfait	5 CHICKEN WASHINGTON Roasted Potatoes Veggie Peanut Butter Cup Brownie
8 Brunch Café 10:00 – 12:00	9 PARMESAN PORK LOIN Baked Potato Veggie Peach Cobbler	10 CHICKEN FRIED STEAK Mashed Potatoes and Gravy Veggie Almond Joy Bar	11 HONEY MUSTARD CHICKEN Rice Pilaf Veggie Chocolate Chip Cookie Pie	12 CUBAN SANDWICH Oven Fries Fruit Baby Ruth Cupcake
15 Brunch Café 10:00 – 12:00	16 CHICKEN BUBBLE BAKE Rice Veggie Nutter Butter Bars	17 CHICKEN CAPRESE Roasted Potatoes Veggie Tornado Cake	18 MONGOLIAN BEEF Rice Veggie German Chocolate Pecan Pie Bar	19 STEAKHOUSE BURGER Macaroni Salad Fruit Cookies & Cream Cookie
22 Brunch Café 10:00 – 12:00	23 TERIYAKI TURKEY BURGER Coleslaw Fruit Samoa Cookie Pie	24 GARLIC SAUSAGE Pasta Salad Tiramisu	25 SHRIMP TACOS Slaw Banana Upside-down Cake	26 SONOMA CHICKEN SALAD Breadstick Sangria Cupcake
29 Brunch Café 10:00 – 12:00	30 CURRY CHICKEN Rice Veggies Lemon Blueberry Cookie	30 MEATLOAF Mashed Potatoes and Gravy Veggies Caramel Apple Cake		